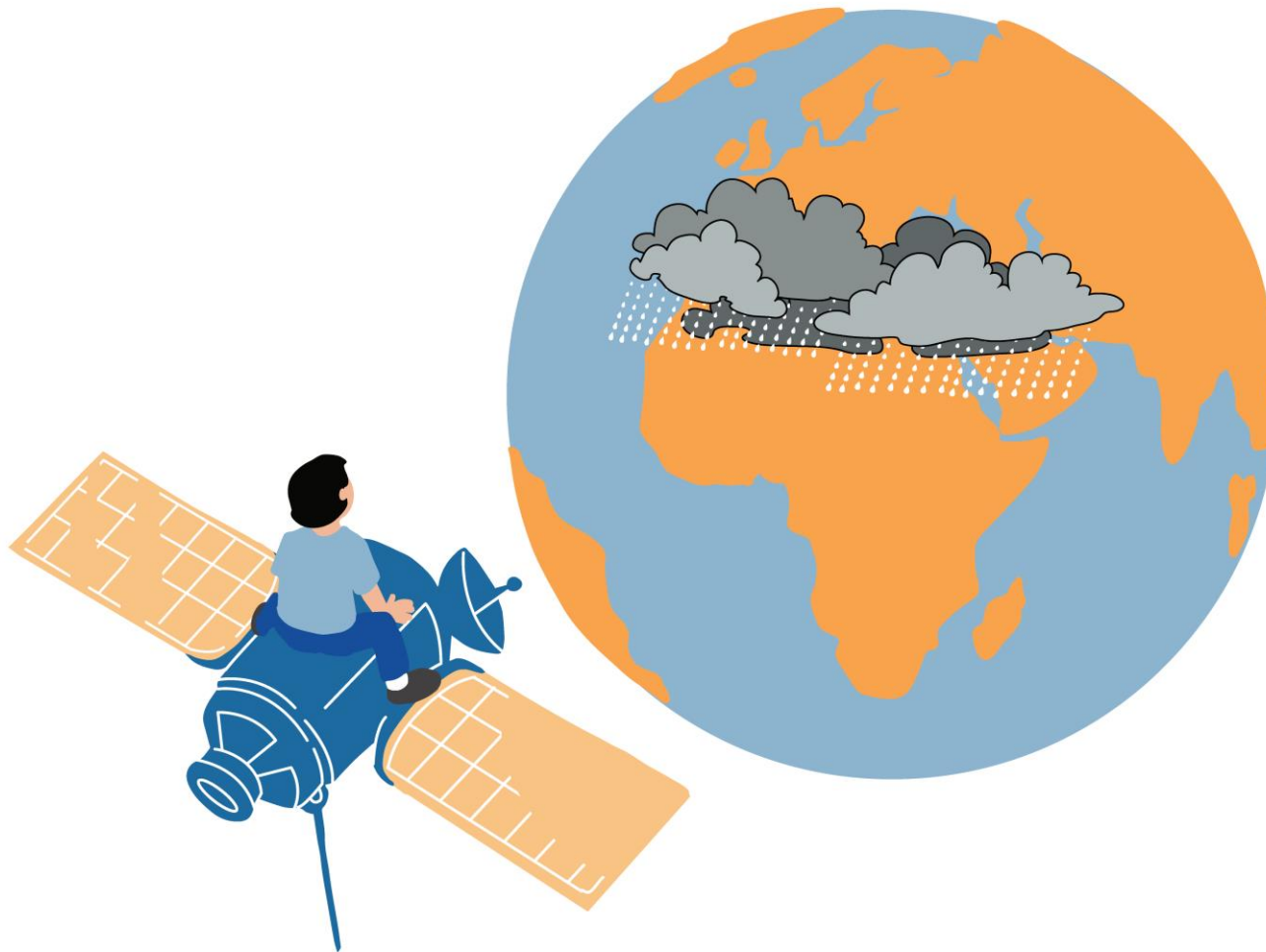




# Metacognitive Training for Depression

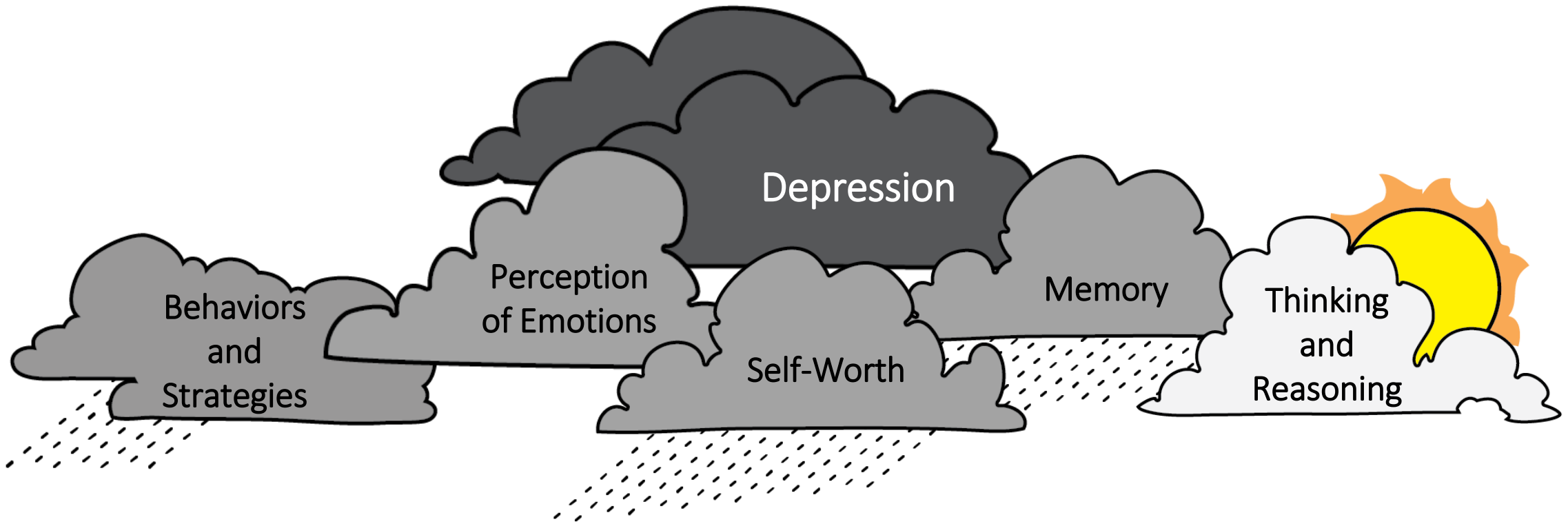


# D-MCT: Satellite Position





# Today's Topic





## Previous session

- What did you do for follow-up?
- Do you have any questions or success stories?



Training session

# D-MCT 1 – Thinking and Reasoning 1



# How is “thinking and reasoning” related to depression?

- In the USA and Germany, one in five people suffers from depression at least once in their lifetime.



# How is “thinking and reasoning” related to depression?

- In the USA and Germany, one in five people suffers from depression at least once in their lifetime.
- Many of them process information differently from people without depression.



## How is “thinking and reasoning” related to depression?

- In the USA and Germany, one in five people suffers from depression at least once in their lifetime.
- Many of them process information differently from people without depression.
- These depressive thinking patterns are often very one-sided and are called “thought distortions.” They can contribute to the development or maintenance of depression.





# Thought Distortions in Depression

adapted from Beck et al., 1979; Burns, 1989

1. Mental Filtering
2. Overgeneralization





# Mental Filtering, or “Searching for the Fly in the Ointment”

adapted from Beck et al., 1979; Burns, 1989





# Mental Filtering, or “Searching for the Fly in the Ointment”

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- Searching for and paying attention only to negative details.





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- Searching for and paying attention only to negative details.
- Perceptions of reality are clouded, like a single drop of ink which clouds an entire glass of water.





# Mental Filtering, or “Searching for the Fly in the Ointment”

adapted from Beck et al., 1979; Burns, 1989

- Searching for and paying attention only to negative details.
- Perceptions of reality are clouded, like a single drop of ink which clouds an entire glass of water.



Have you felt like this?



# Mental Filtering

## Example

**Situation:** While participating in a group session, many people are listening to you but one participant yawns and closes her eyes.





# Mental Filtering

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**Situation:** While participating in a group session, many people are listening to you but one participant yawns and closes her eyes.

Mental Filtering:

???





# Mental Filtering

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**Situation:** While participating in a group session, many people are listening to you but one participant yawns and closes her eyes.

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“I bore people; I have nothing interesting to contribute.”







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**Situation:** While participating in a group session, many people are listening to you but one participant yawns and closes her eyes.

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“I bore people; I have nothing interesting to contribute.”

What are the consequences of this mental filtering?

???





# Mental Filtering

## Example

**Situation:** While participating in a group session, many people are listening to you but one participant yawns and closes her eyes.



## Mental Filtering:

“I bore people; I have nothing interesting to contribute.”

What are the consequences of this mental filtering?

“I feel bad. I am losing my self-confidence. I probably won't participate anymore.”



# Mental Filtering

## Example

**Situation:** While participating in a group session, many people are listening to you but one participant yawns and closes her eyes.

Mental Filtering:

“I bore people; I have nothing interesting to contribute.”



Is this thought justified? **NO!** So, what can I think instead?





# Mental Filtering

## Example

What can I think instead?

???





# Mental Filtering

## Example

What can I think instead?

“Some people listened to me and responded to my contribution. Perhaps not everyone felt it was relevant to them. The person who yawned may have been tired and not having a good day themselves. I can't expect everyone to be excited.”





# Mental Filtering

## Example

What can I think instead?

“Some people listened to me and responded to my contribution. Perhaps not everyone felt it was relevant to them. The person who yawned may have been tired and not having a good day themselves. I can't expect everyone to be excited.”

What is the outcome of this thought?

???





# Mental Filtering

## Example

What can I think instead?

“Some people listened to me and responded to my contribution. Perhaps not everyone felt it was relevant to them. The person who yawned may have been tired and not having a good day themselves. I can't expect everyone to be excited.”

What is the outcome of this thought?

“I may be annoyed with that person for a moment, but I can get into a conversation with the other participants. I am happy with myself and will participate again in the future.”





# Mental Filtering

## Personal Example?

Have you had situations in which you only paid attention to negative details?







# Mental Filtering

## Personal Example?

Have you had situations in which you only paid attention to negative details?

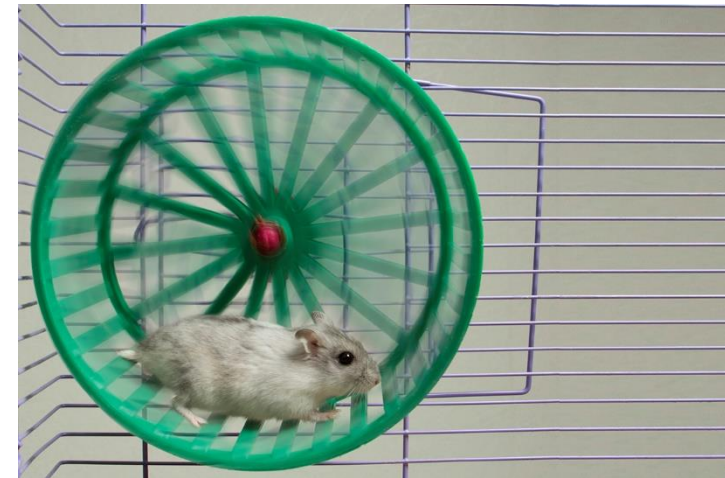
What could you have thought instead?





# Overgeneralization

adapted from Beck et al., 1979; Burns, 1989

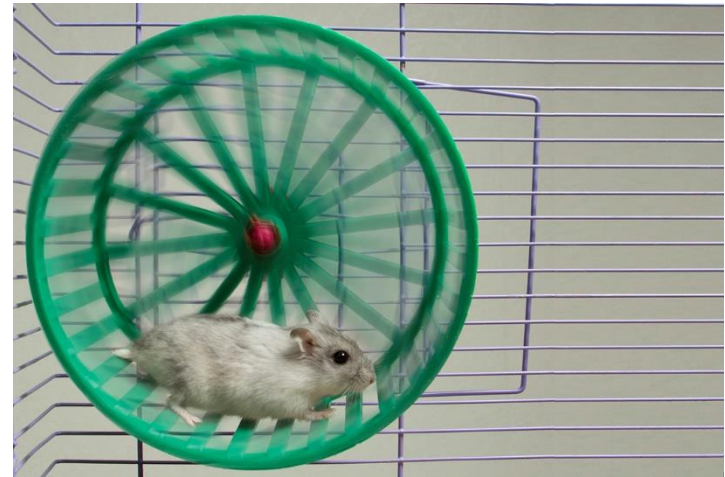




# Overgeneralization

adapted from Beck et al., 1979; Burns, 1989

- A single negative event is seen as part of an ongoing series of failures.

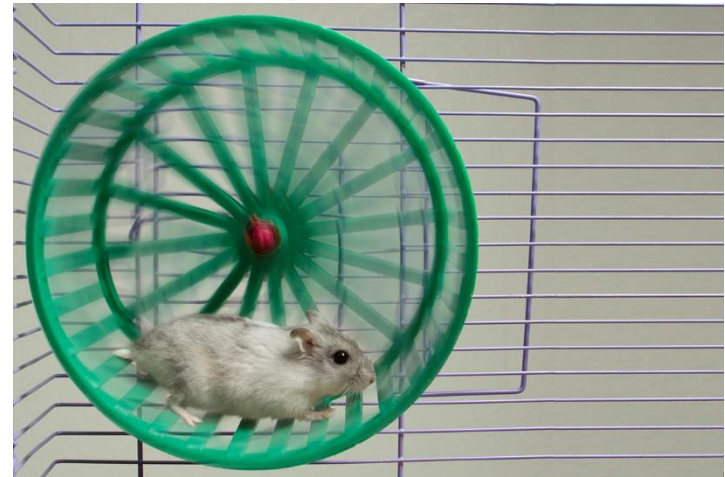




# Overgeneralization

adapted from Beck et al., 1979; Burns, 1989

- A single negative event is seen as part of an ongoing series of failures.
- In describing such events, words such as “always” or “never” are often used.



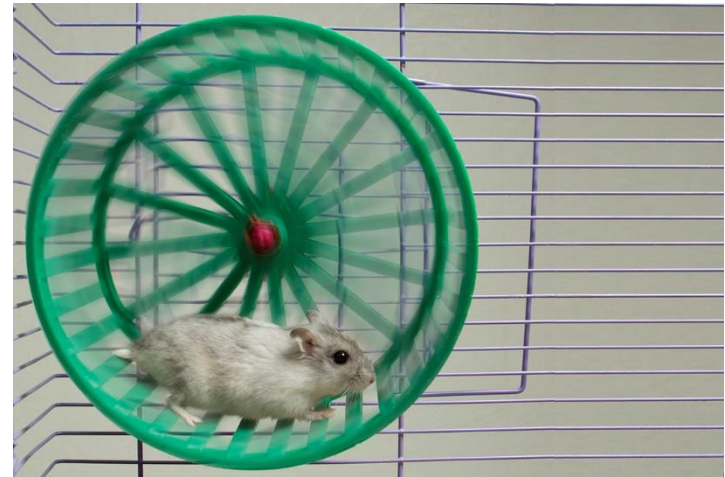


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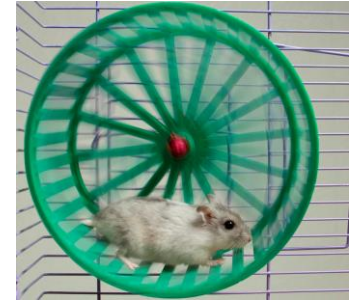
Have you felt this way?





# Overgeneralization

## Example



Event	<i>Overgeneralization</i> Helpful Appraisal
You used a foreign word incorrectly.	<p>???</p> <p>???</p>



# Overgeneralization

What would be a more helpful thought?



Event	<i>Overgeneralization</i> Helpful Appraisal
You used a foreign word incorrectly.	<i>"I'm stupid. I never do anything right."</i> ???



# Overgeneralization

What would be a more helpful thought?



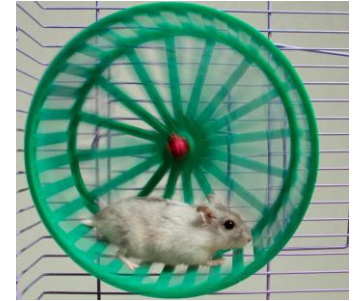
Event	<p><i>Overgeneralization</i></p> <p>Helpful Appraisal</p>
<p>You used a foreign word incorrectly.</p>	<p><i>“I’m stupid. I never do anything right.”</i></p> <p>“Using one word incorrectly has nothing to do with my intelligence. It can happen to anyone.”</p>





# Overgeneralization

## Personal Example?

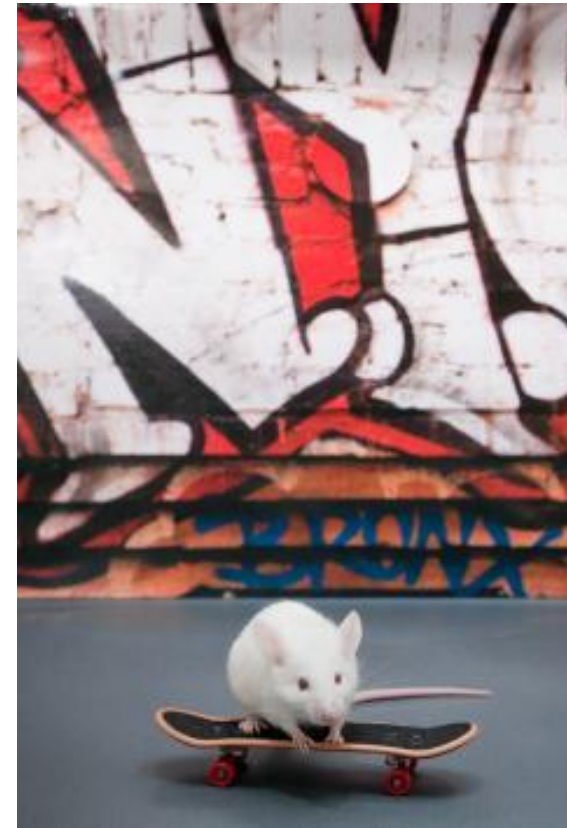


Event	<i>Overgeneralization</i> Helpful Appraisal
???	<p>???</p> <p>???</p>



# How can you make more helpful appraisals?

- Step out of the “wheel of generalization.”





# How can you make more helpful appraisals?



# How can you make more helpful appraisals?

1. Make concrete, situational statements about a specific situation that relate to the here and now.



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For example, if you forget the birthday of a friend, instead of telling yourself

“I can never remember anything. I’m always a bad friend.”





## How can you make more helpful appraisals?

1. Make concrete, situational statements about a specific situation that relate to the here and now.

For example, if you forget the birthday of a friend, instead of telling yourself

“I can never remember anything. I’m always a bad friend.”



“I forgot her birthday this year. That is unfortunate, but I can also belatedly congratulate her with all my heart!”



# How can you make more helpful appraisals?

## 2. Changing perspective

- What would you tell a good friend if they experienced the same situation or a similar situation?



# How can you make more helpful appraisals?

Example: You have forgotten a date with a friend.





# How can you make more helpful appraisals?

Example: You have forgotten a date with a friend.

- Now, consider how harshly you would judge yourself for this.



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Personal example?



# How can you make more helpful appraisals?

3. Find out the following based on an experiment:

Does everyone think the same as I do?



# How can you make more helpful appraisals?

3. Find out the following based on an experiment:

Does everyone think the same as I do?

Consult with a trusted person who was also there about how they assessed a situation (for example: A fellow patient yawned and closed her eyes during group therapy. Why do you think she might have yawned and closed her eyes?).



# Mental Filtering and Overgeneralization

What else can help with distorted appraisals?





## What else can help with distorted appraisals?

If you notice that one single negative aspect of an event is overshadowing all positive aspects (i.e., “searching for the fly in the ointment”, “one drop of ink clouding the water”), try to imagine the situation in an absurd or funny way.

Have a little fun with your own thought distortions! This may help you to gain a different perspective.







# Deliberate Exaggeration

## Example

Event	Depressive Appraisal
<p>You've made all of your Christmas tree decorations yourself this year. You notice that a straw star is misshaped.</p>	<p>"I'm a failure and can't do anything right. Christmas is ruined."</p>

Deliberate exaggeration:

???





# Deliberate Exaggeration

## Example

Event	Depressive Appraisal
<p>You've made all of your Christmas tree decorations yourself this year. You notice that a straw star is misshaped.</p>	<p>"I'm a failure and can't do anything right. Christmas is ruined."</p>

Deliberate exaggeration:

A friend of yours discovers the misshaped star. He is excited about your creative take on "traditional rituals" and manufactures similar stars for sale. Your decorations become popular, and the whole country is decorated with the misshaped straw stars.





# Learning Points



# Learning Points

- Pay attention to your depressive appraisals (mental filtering and overgeneralizations) in everyday life!



# Learning Points

- Generate more helpful appraisals. For example:



# Learning Points

- Generate more helpful appraisals. For example:
  - Avoid generalizations (e.g., never, always). Make concrete, situational statements about a specific situation that relate to the here and now!



# Learning Points

- Generate more helpful appraisals. For example:
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  - Change your perspective (“What would I say to a good friend if they experienced the same or a similar situation?”).



# Learning Points

- Generate more helpful appraisals. For example:
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  - Gain a different perspective by trying to deliberately exaggerate your appraisal (imagine the situation in an absurd or funny way).





# Learning Points

- Generate more helpful appraisals. For example:
  - Avoid generalizations (e.g., never, always). Make concrete, situational statements about a specific situation that relate to the here and now!
  - Change your perspective (“What would I say to a good friend if they experienced the same or a similar situation?”).
  - Gain a different perspective by trying to deliberately exaggerate your appraisal (imagine the situation in an absurd or funny way).
  - Do a reality check by asking others for their assessment and perception of the situation.



## Final round

- What was most important for you today?
- Which thought distortion would you like to do an exercise on as homework?



# For trainers

Please hand out the worksheets. Introduce our app COGITO (download free of charge).



[www.uke.de/mct\\_app](http://www.uke.de/mct_app)





Thank you!

